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UNITED STATES FOOD ADMINISTRATION

Wheat For Liberty

The only question for every true-hearted American to-day is: "What can I do to help win the war?" The only answer—"Give instantly the service needed."

"That service now is until the next harvest for you to share your wheat with your comrades across the sea—for you who can afford it to give your whole share to them."

WHEAT IS NOW A LUXURY FOR INVALIDS, BABIES AND THE VERY POOR.

IT IS NOT NOW FIT FOOD FOR STRONG MEN AND WOMEN.

Autocracy compels, and gives no reasons.
Democracy requests, and gives reasons.
Are you ready for Democracy?

The allied countries of Europe lack wheat because: *Belgium*, formerly strong, splendid and *free*, has America only to look to for daily bread; *England* formerly imported her wheat from South America and Australia as well as from North America; *France* and *Italy* have lost to the army the majority of their farmers; their women are needed in munition factories and in other civil occupations. Fertilizers and farming tools are lacking.

The allied countries of Europe need wheat because: Bread has been one of the chief sources of nourishment. Bakeries can not make raised bread without wheat flour—French homes in particular depend on bakeries; fuel and time are lacking. One bakery can supply hundreds of families and so release hundreds of pounds of coal, hundreds of hours of time. If we insist upon eating wheat needed abroad, Liberty's armies and Liberty's civil population will collapse as Russia collapsed, because the food supplies of her armies and her civil population failed.

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Citizens of America, it is bad enough to have those countries across the seas bear the brunt of all the fighting. It is impossible to believe that with the facts before us, there is a living man or woman who will permit those countries to starve for us also. In old times the Prophets would have cursed the bread so eaten. It needs no Prophet now to say that there is a curse for anyone who in mere gratification of appetite eats wheaten bread, and that curse proclaims him a traitor to himself and to his country.

Enough has been said and written. The one who does not now understand the situation is an ignoramus or a slacker; the ignoramus can't and the slacker won't understand. The real pure-bred American from now on needs only the briefest message from one whom he trusts.

BROTHER, YOUR COMRADES NEED WHEAT.

The Food Administrator for America has said, "My message is small and concrete, the service that we ask of you, that we ask of every well-to-do, every independent person in the United States to-day is that he shall abstain from the use of wheat in any form until the next harvest."

CEREALS AND CEREAL SUBSTITUTES.

1. Banana flour.
2. Barley meal and flour.
3. Buckwheat meal and flour.
4. Corn grits.
5. Corn meal.
6. Corn flour.
7. Cornstarch.
8. Cottonseed flour and meal.
9. Feterita flour and meal.
10. Kafir meal and flour.
11. Milo maize.
12. Oat meal and flour.
13. Oats—rolled.
14. Oats—granulated.
15. Peanut flour and meal.
16. Potato flour and starch.
17. Rice and rice flour.
18. Rice—polished or unpolished.
19. Soya-bean meal.
20. Sweet-potato flour.

Housewives of America! Don't wait for the latest tested recipes from the Food Administration. Take down your old cook book and paste this in it (with cornstarch paste):

APPROXIMATE EQUIVALENTS (BY WEIGHT) TO ONE CUP WHEAT FLOUR.

	Cup.		Cup.
Buckwheat flour	⅞	Rice flour	⅘
Corn meal	⅘	Barley flour	1⅛
Corn flour	1	Hominy grits	⅘
Rolled oats ground in food chopper	⅞		

The above measures are for average flours and meals. If your material is very fine, use a little more than the above measure; if very coarse, a little less.

If you have scales, use them. The following weights are the average of three weighings of one standard cup of sifted flour or meal filled lightly, without packing:

A. MEALS AND FLOURS.

	Ounces.		Ounces.
Barley flour, approximately	3	Rice flour, approximately	5
Buckwheat flour, approximately	5	Wheat flour, approximately	4
Corn flour, approximately	4		

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D. UNCOOKED CEREALS.

	Ounces.
Corn meal, approximately	5
Hominy grits, approximately	5
Oats, rolled, approximately	3
Oats, rolled (ground), approximately	5

TESTED WHEATLESS RECIPES.

CARRY-ONS.

1¼ cups liquid.
4 cups barley flour.
3 tablespoons fat.
6 teaspoons baking powder.
1 teaspoon salt.

OVER THE TOPS.

1 cup liquid.
2⅔ cups corn flour.
3 tablespoons fat.
6 teaspoons baking powder.
1 teaspoon salt.

RICEOAT DEFENDERS.

1 cup milk.
1 tablespoon fat.
2 tablespoons sirup.
2 eggs.
4 teaspoons baking powder.
1 teaspoon salt.
⅓ cup rice flour (2 ounces).
1¼ cups ground rolled oats (6 ounces).

OATCORN CONQUERORS.

1 cup liquid.
1 tablespoon fat.
2 tablespoons sirup.
1 or 2 eggs.
4 teaspoons baking powder.
1 teaspoon salt.
¾ cup ground rolled oats (4 ounces).
1 cup corn flour (4 ounces).

CHOCOLATE CAKE.

½ cup fat.
⅔ cup sugar (about 4¾ ounces).
1 cup sirup (about 11½ ounces).
3 eggs.
¾ cup milk.
1 teaspoon salt.
1 cup rice flour (5 ounces).
2 cups barley flour (5 ounces) or rolled oats, ground.
6 teaspoons baking powder.
1 teaspoon cinnamon.
1 teaspoon vanilla.
2 squares chocolate.

Cream the fat, sugar, and egg yolk. Add the sirup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add flavoring and melted chocolate. Fold in well-beaten egg white. Bake about one hour, starting in a moderate oven, 350° F.—177° C. After 20 minutes raise to 400° F.—205° C.

CHOCOLATE CAKE.

½ cup fat.
⅔ cup sugar (4¾ ounces).
1 cup sirup (11½ ounces).
3 eggs.
¾ cup milk.
1 teaspoon salt.
1⅔ cups buckwheat flour (8 ounces).
½ cup ground rolled oats (2 ounces).
6 teaspoons baking powder.
1 teaspoon cinnamon.
2 squares chocolate.
1 teaspoon vanilla.

Cream the fat, sugar, and egg yolk. Add the sirup and mix well. Add alternately the liquid, and the dry ingredients sifted together. Add flavoring and melted chocolate. Fold in well-beaten egg whites. Bake about one hour, starting in a moderate oven, 350° F.—177° C. After 20 minutes raise to 400° F.—205° C.

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